

LES MILLS BODY PUMP/CXWORX™

Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, instructors and your choice of weight.

Dates: (1 day per week) (10 classes-50-60 min.)

*Mon., 7:15-8:15 p.m., Apr. 16-June 25 (#14023) (MJ)

*Tues., 4:30-5:30 p.m., Apr. 17-June 19 (#14025) (J)

Thurs., 4:30-5:30 p.m., Apr. 19-June 21 (#14022) (J)

*Thurs., 7:30-8:30 p.m., Apr. 19-June 21 (#14026) (MJ)

Fri., 5:40-6:30 a.m., Apr. 20-June 22 (#14024) (MJ)

Sat., 9:15-10:15 a.m., Apr. 21-June 23 (#14021) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 9:30-10:30 a.m., Apr. 16-June 25 (#14020) (MJ)

Mon./Wed., 5:40-6:30 a.m., Apr. 16-June 25 (#14019) (MJ)

Location: Friendship Center, Room 118 (*East Annex)

Fee: (1 day) \$47R/\$50NR/\$35M

(2 day) \$94R/\$97NR/\$70M

Instructor Code: (MJ) Mary Jo, (J) Jodie

Spring Kick Off! BP80 and CXWORX™:

See what's coming to the Friendship Center!

Date: Sunday, April 15, 2012, 1-2:30 p.m.

Body Pump: 1-2 p.m./CRWORX: 2-2:30 p.m. (#14138)

Location: Friendship Center, Room 118

Free! Free! Free! Must Pre-Register-limited spots.

CXWORX™ (Ages 18+) (10 classes)

A 30-minute format combines personal training with energy of group fitness. Choreographed routines w/ great music! Works on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, and also improves functional strength and assisting in injury prevention.

Dates: Mon., 5:30-6 p.m., Apr. 16-June 25 (#14140)

Tues., 9:30-10 a.m., Apr. 17-June 19 (#14141)

Wed., 5:30-6 p.m., Apr. 18-June 20 (#14142)

Fri., 6:30-7 a.m., Apr. 20-June 22 (#14143)

Sat., 10:30-11 a.m., Apr. 21-June 23 (#14144)

Fee: \$47R/\$50NR/\$35M

Location: Friendship Center, Room 118

Instructor Code: (MJ) Mary Jo

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment

Location: Friendship Center

Fee: TBA (call for details)

ZUMBA/SILVER AND FIT

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., Apr 16-June 25, 10:30-11:15 a.m. (#14069) (B)

Wed., April 18-June 20, 10:30-11:30 a.m. (#14072) (A)

*Wed., April 18-June 20, 4:30-5:30 p.m. (#14076) (B)

*Wed., April 18-June 20, 7-8 p.m. (#14074) (Sa)

Thurs., April 19-June 21, 9-10 a.m. (#14070) (J)

*Thurs., April 19-June 21, 5:30-6:30 p.m. (#14071) (L)

*Thurs., April 19-June 21, 6:30-7:30 p.m. (#14068) (Le)

Fri., April 20-June 22, 9-10 a.m. (#14073) (A)

Sat., April 21-June 23, 8:15-9:15 a.m. (#14075) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$48R/\$51NR/\$34M

Instructor Code: (A) Alicia, (J) Joanie, (L) Lynn, (Sa) Sarah, (Le) Leon, (B) Beth

Zumba Gold w/Val (Ages 18+) (10 classes)

For active adults — A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system!

Dates: Fri., 8-8:45 a.m., Apr. 20-June 22

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14137)

Kids Zumba w/Lynn (Ages 8-12) Big Starz (8 classes)

Dates: Mon., 5:30-6:15 p.m., Apr. 16-June 11

(#14207)

*Thurs., 6:45-7:30 p.m., Apr. 19-June 7 (#14208)

Location: Friendship Center, East Annex/*Room 112

Fee: \$36R/\$39NR/\$26M

Total Body Workout or *Yoga For Older Adults/Silver and Fit

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout!

Dates: Mon., 3:30-4:30 p.m., Apr. 16-June 25 (#14210)

*Tues., 12:30-1:30 p.m., Apr. 17-June 19 (#14211) Yoga

Wed., 3:30-4:30 p.m., Apr. 18-June 20 (#14213)

Thurs., 12:30-1:30 p.m., Apr. 19-June 21 (#14212)

Fri., 11 a.m.-12 p.m., Apr. 20-June 22 (#14214)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

Fee: \$46R/\$49NR/\$34M (10 classes)

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., April 16-June 25

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#13997)

Combo w/Keli & Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6:05-7:05 p.m., Apr. 16-June 25

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14004)

Abs, Back & Legs w/Keli (10 classes)

An intense workout, focused on strengthening the abs, back, and legs.

Dates: Mon., 7:05-8:05 p.m., Apr. 16-June 25

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14005)

Small Group Strength Training w/Karen (10 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Dates: Mon., 8:30-9:30 a.m., Apr. 16-June 25

Location: Friendship Center, Weight Room

Fee: \$60R/\$63NR/\$45M (#14036)

Outdoor Fitness Boot Camp w/Karen & Lori (12 classes)

All levels. For those who want to see changes in strength, body fat and weight loss.

Dates: Mon./Wed., 7-7:45 p.m., Apr. 16-May 23 (#14042)

-OR- Mon./Wed., 7-7:45 p.m., May 30-July 11 (#14041)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$72M

Back to the Basics w/Lori (12 classes)

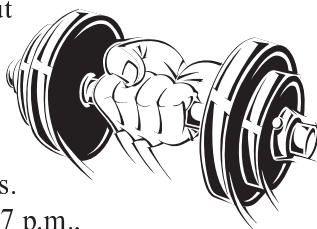
Simple and effective workout for those starting or returning to regular workout program. Weights, cardio and basic nutrition tips blended for individual results.

Session I: Mon./Wed., 6:15-7 p.m., Apr. 16-May 23 (#14043)

Session II: Mon./Wed., 6:15-7 p.m., May 30-July 11 (#14044)

Location: Friendship Center, East Annex

Fee: \$65R/\$68NR/\$50M



Yogalates/Sculpt w/Terri (10 classes)

Fun class with 25 minutes of sculpting using resistance equipment and transitions into 35 minutes of yoga/pilates blend. Excellent toning and core strengthening blend. Bring sneakers.

Dates: Tues., 4:45-5:45 p.m., Apr. 17-June 19

Location: Friendship Center, Room 118

Fee: \$60R/\$65NR/\$45M (#14008)

Hatha Yoga w/Venus CYT (8 classes)

De-stress and experience a yoga practice intended to create awareness of body and mind while you increase strength and flexibility. Modifications are taught for those who may need them. All levels are welcome. Please bring a yoga mat for your comfort.

Dates: Tues., 10:15-11:15 a.m., April 17-June 5

Location: Friendship Center, Room 118

Fee: \$75R/\$80NR/\$60M (#13988)

Core Cut Interval w/Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., Apr. 18-May 23 (#14035)

Session II: Wed., 9:30-10:30 a.m., May 30-July 11 (#14034)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$38M

Yoga For Relaxation w/Allie (8 classes)

A gentle yoga practice perfect for relaxing at the end of the day. All levels welcome.

Dates: Mon., 8-9 p.m., Apr. 16-June 11

Location: Friendship Center, Room 106

Fee: \$52R/\$55NR/\$40M (#14009)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6-7 p.m., April 17-June 21

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#13998)

Fitness Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., April 17-June 21

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$50M (#13999)

Middle Eastern Dance Beginner Level w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

Dates: Wed., 6-7 p.m., Apr. 18-May 23

Location: Friendship Center, Room 106/109

Fee: \$54R/\$57NR/\$46M (#14097)

AEROBICS/FITNESS/DANCE (CONT.)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., Apr. 17-May 22 (#14039)

Session II: Tues., 5:45-6:30 p.m., May 29-July 3 (#14040)

Location: Friendship Center, Room 112

Fee: \$49R/\$52NR/\$35M

Cardio Kickboxing w/Mary Jo (10 classes)

Combo of aerobics, plyometrics, and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Wed., 7:15-8:15 p.m., Apr. 18-June 20

Location: Friendship Center, Room 118

Fee: \$45R/\$48NR/\$34M (#14225)

Small Group Personal Training (6 sessions) w/Karen

Workouts held in weight room with focus on traditional strength exercises using various lifting techniques.

Session I: Sat., 9:30-10:30 a.m., Apr. 21-May 26 (#14199)

Session II: Sat., 9:30-10:30 a.m., June 2-July 7 (#14200)

Location: Friendship Center, Fitness Center

Fee: \$54R/\$57NR/\$38M

Kettlebells w/Karen (12 classes) (16+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Tues./Thurs., 9:15-10 a.m., Apr. 17-May 24 (#14029)

Session II: Tues./Thurs., 9:15-10 a.m., May 29-July 5 (#14030)

Session I: Mon./Wed., 6:45-7:30 p.m., Apr. 16-May 23 (#14028)

Session II: Mon./Wed., 6:45-7:30 p.m., May 30-July 11 (#14032)

Session I: Sat., 8:45-9:30 a.m., April 21-May 26 (#14031)

Session II: Sat., 8:45-9:30 a.m., June 2-July 7 (#14033)

Location: Friendship Center, Room 112

Fee: \$75R/\$78NR/\$55M (Tues./Thurs.) (Mon./Wed.)

Fee: \$40R/\$43NR/\$35M (Sat.)

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture.

Check with doctor if degenerative/orthopedic problems.

Dates: Thurs., 7:30-8:15 p.m., Apr. 19-June 21 (#14007)*

-OR- Fri., 1-1:45 p.m., Apr. 20-June 22 (#14006)**

Location: Friendship Center, *Room 109, **Room 118

Fee: \$60R/\$63NR/\$45M

Mat Pilates w/Venus (10 classes)

Strengthen the body from the inside out with exercises focusing on the core. Core strength is essential for posture and balance. This class is good for all levels.

Dates: Fri., 10:30-11:30 a.m., Apr. 13-June 15

Location: Friendship Center, Room 112

Fee: \$49R/\$52NR/\$35M (#14146)

Happy Hour Workout w/MJ

Combo class of spin, body pump and CXWORX.

Dates: Friday, April 20, 5:45-7 p.m. (#14215)

Friday, May 11, 5:45-7 p.m. (#14216)

Friday, June 15, 5:45-7 p.m. (#14217)

Location: Friendship Center, Room 118

Fee: \$7R/\$10NR/\$5M

Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per ½ hour) (#14011)

Saturday Morning Chisel w/Kelli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Apr. 21-June 23

Location: Friendship Center, East Annex

Fee: \$45R/\$48NR/\$32M (#14000)

Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#14012)

Why Can't I Lose Weight? w/Dr. Ida Page

Got Belly Fat? This PLAN takes into account hormone imbalances, yeast issues, liver and digestive weaknesses; it gets to the heart of the problem. Simple eating plan, light exercise recommended. No or low hunger or cravings, higher energy and clearer thinking. Identifies food intolerances and trigger foods.

Dates: Thursday, April 12, 7-8 p.m. (#14221)

or Saturday, April 21, 10-11 a.m. (#14222)

Location: Friendship Center, Room 109

Fee: Free to members!/\$5 non-member

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 mins.)
 Tues., 6:30-7:15 p.m., Apr. 17-June 19 (RM) (#14061)
 Tues., 7:30-8:15 p.m., Apr. 17-June 19 (D) (#14065)
 Thurs., 6:15-7 p.m., Apr. 19-June 21 (#14060)
 Thurs., 7:15-8 p.m., Apr. 19-June 21 (D) (#14058)
 Sat., 8:15-9 a.m., Apr. 21-June 23 (MJ) (#14057)
Fee: 1/week (45 mins.) \$46R/\$49NR/\$34M

Dates: (2 days per week) (20 classes-45 mins.)
 Mon./Wed., 6:15-7 p.m., April 16-June 25 (MJ)
 (#14066)
 Tues./Thurs., 5:45-6:30 a.m., Apr. 17-June 21 (MJ)
 (#14055)
 Tues./Thurs., 4:30-5:15 p.m., Apr. 17-June 21 (M)
 (#14056)

Location: Friendship Center, Room 115
Fee: 2/week (45 mins.) \$78R/\$81NR/\$68M
Instructor Code: (MJ) Mary Jo, (D) Deb, (RM) Roxanne,
 (DM) Donna, (N) Nicole, (M) Michelle

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Apr. 16-June 25
Location: Friendship Center, Room 115
Fee: \$95R/\$98NR/\$75M (#14059)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., Apr. 16-June 25
Location: Friendship Center, Room 115
Fee: \$69R/\$72NR/\$51M (#14010)

Challenge Ride w/Mary Jo (Ages 18+)

High intensity for one hour +. Knock your socks off with this challenge!

Date: Sunday, April 22, 12:15-1:30 p.m. (#14051)
 Sunday, May 20, 12:15-1:30 p.m. (#14054)
 Sunday, June 10, 12:15-1:30 p.m. (#14052)
Location: Friendship Center, Room 115
Fee: \$5M/\$8NM

NEED A BABYSITTER?

Call 657-5635 for a list of sitters who have passed the Red Cross Babysitting Class.

ADULT SPORTS/LEISURE

Summer Volleyball League

Men and Women's Leagues begin late May-August at Koons Park. Men's AA/A on Mons., Women's AA/A Tues., and Women's BB/B on Thurs. Deadline Apr. 13.
Fee: \$285R/\$325NR per team. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info. (657-5635)

Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.
Dates: Tues., 7-8 p.m., Apr. 17-May 15
Location: Friendship Center, Room 112
Fee: \$47R/\$52NR/\$35M (#13982)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.
Dates: Wed., 7-9 p.m., Apr. 18-June 20 (#13981)
 Sat., 10-11:30 a.m., Apr. 21-June 23 (#13980)
Location: Friendship Center, Gym #2/#3
Fee: \$65R/\$70NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.
Dates: Tues., 8-9:30 p.m., Apr. 17-June 19 (#13993)
 Thurs., 7-9 p.m., Apr. 19-June 21 (#13992)
 -OR- Sat., 8:30-10 a.m., Apr. 21-June 23 (#13991)
Location: Friendship Center, Gym #2/#3
Fee: \$65R/\$70NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.
Dates: Mon., 6-7 p.m., April 16-May 7 (#14104)
 Wed., 7-8 p.m., May 23-June 13 (#14107)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.
Dates: Sun., 2-3 p.m., Apr. 22-May 13 (#14109)
 Tues., 6-7 p.m., May 1-May 22 (#14110)
Location: Bumble Bee Hollow
Fee: \$65R/\$70NR

Stretch & Strike for Women (8 classes) w/Bentz

Body conditioning in the areas of flexibility, strength and stamina using a variety of stretching, calisthenics and martial arts style strikes, kicks and blocks. Learn to move from various martial arts stances with correct form.

Dates: Mon., 6:30-7:30 p.m., Apr. 9-June 4
Location: Max Fitness, LLC, 3401 N. 6th St., Hbg.
Fee: \$55R/\$60NR (#14218)

NEW